

Meat – The Heart of a Meal

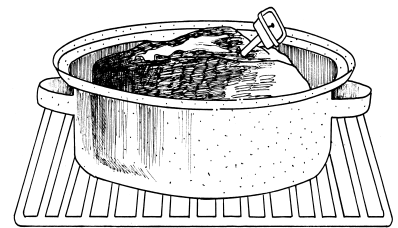
Meat can be cooked in four basic ways.

Roasting:

Roast meats that are tender to start with. A tough piece of meat can't be made tender by roasting. Roast cuts of meat like rib roast, rib eye or tenderloin. Roast chicken or turkey whole or cut into pieces.

Basic steps for roasting:

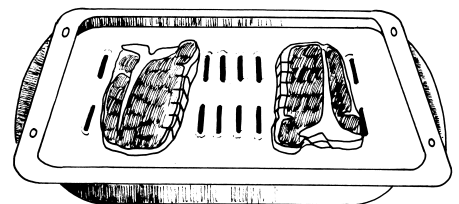
1. Trim excess fat from roast.
2. Place meat on a rack in a shallow roasting pan, fat side up.
3. Rub with salt, pepper and spices if desired.
4. There is no need to cover the roast or to add liquid.
5. Roast at 325 degrees (unless the recipe says otherwise).
6. It takes about 2 ½ hours to cook a 3-pound roast to medium.



Broil/Grill:

When broiling, the heat source is above the meat; when grilling, the heat source is below the meat. As when roasting, start with a tender cut of meat. Cuts of meat like loin chops, rib steak, T-bone steak, porterhouse steak, and chicken pieces broil or grill well. Cook just until done. Cooking too long might leave your meat tough and flavorless.

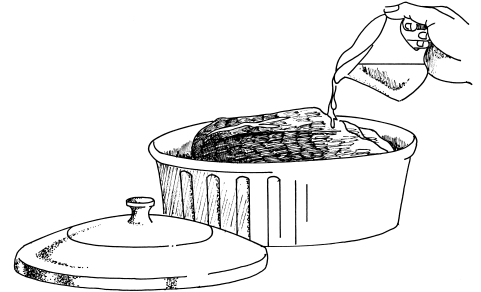
1. Remove excess fat.
2. Slash the fat edge of the meat at 1-inch intervals to help prevent curling.
3. Rub with salt, pepper and spices if desired.
4. Place on grill or broiling pan.
5. Place meat 3 inches from heat; or place a thick piece of meat 4 to 5 inches from heat.
6. Cooking time depends upon the thickness of meat.
A 1-inch thick steak takes about 15 minutes to cook to medium.



Cooking in Liquid/Braising/Stewing

Less expensive cuts of meat become very tender when cooked with a small amount of liquid. Braise or stew large or small pieces of meat. Cuts such as stew meat, rump roast, round steak, cubed steak, short ribs and chuck roast become tender when braised or stewed.

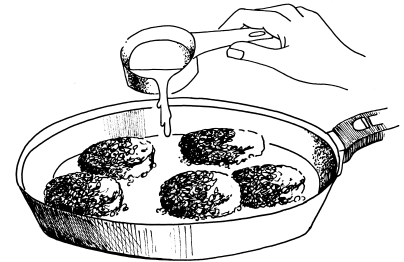
1. Meat does not have to be browned, but flavor and appearance are usually better if you do this.
2. Add liquid; use water, broth, juice or wine.
3. Cover and cook at 325 degrees for about 30 minutes per pound.



Frying:

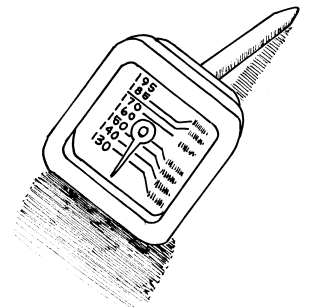
This method is used most often for hamburger, chicken pieces and tender steaks. Tenderize tougher pieces of meat by using a marinade or commercial meat tenderizer.

1. Spray pan with non-fat vegetable spray.
2. Add meat and cook on medium heat, turning once until done.
3. To prevent a piece of meat from burning, small amounts of liquid can be added to the pan instead of oil or other fats.

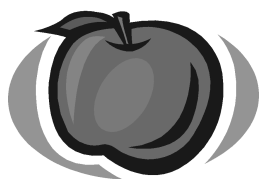


Always use a meat thermometer to tell when your meat is done.

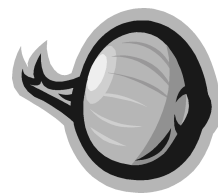
- ◆ 145 degrees for rare beef
- ◆ 160 degrees for medium beef or pork
- ◆ 170 degrees for well-done beef or pork
- ◆ 160 degrees for ground beef or pork
- ◆ 180 degrees for chicken or turkey
- ◆ 160 degrees for fresh ham – 140 degrees for precooked ham



North Dakota Department of Health
Division of Maternal and Child Health



QUICK TIPS



COOKING MEATS

Inexpensive cuts of meat can be made tender with the use of a meat marinade. Packaged marinades are available in the grocery store. They add flavor as well as improve the texture. Follow directions. Ziploc™ bags work great for marinating meats. They don't take as much space in the refrigerator and can be turned easily to coat all sides.

One chicken breast makes about $\frac{1}{2}$ cup chopped chicken.

Sauté meat or vegetables in water or broth instead of butter to cut fat.

A steak will be more tender if you beat it for a few moments with a meat mallet or rolling pin. Covering the meat mallet with plastic wrap makes cleanup easier.

When a recipe call for sliced meat, it is easier to cut if the meat is partially frozen.

One bouillon cube dissolved in 1 cup of water is = 1 cup of broth or bouillon.

To reduce fat in recipes using ground beef, rinse the ground beef in hot water after browning and drain.

To check the temperature of hamburgers, stack two or three on top of each other and insert a meat thermometer.

When making meat loaf, mix a double batch. Put half in a Ziploc™ bag and freeze.

Two quick ways to make cooked diced chicken:

Microwave: Arrange skinned, boned chicken halves in a baking dish and cover with heavy plastic wrap, turning one corner back to vent. Cook on high for 7 minutes or until done, turning dish after 4 minutes.

Stovetop: Bring 1 cup of water to a boil. Reduce heat to simmer and add skinned, boned chicken breast. Cover pan and cook 15 minutes or until done, turning chicken after 8 minutes.

Eight Great Meatball Recipes

BASIC MEATBALLS

- 1 ½ pounds lean hamburger
- 1 ½ cups dried bread crumbs
- 1 cup milk
- ½ teaspoon pepper
- 2 eggs
- ¼ cup chopped onion (if your children don't like onion chunks – run them through a blender)
- 1 to 1½ teaspoons salt
- 1. Combine all ingredients.
- 2. Form into 18 meatballs.
- 3. Placed on a sprayed cookie sheet or broiler pan.
- 4. Bake at 375 for 30-45 minutes or until juice runs clear.
- 5. Cool slightly.
- 6. Freeze on a cookie sheet in a single layer. When frozen remove from cookie sheet and freeze in plastic bag or container. Use 9 meatballs for each recipe.

Hint: When cooking meatballs in the sauces, do not boil hard or stir vigorously or the meatballs will break up.

Meatballs and Gravy

- 1 tablespoon plus 1 teaspoon dry beef base
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 4 tablespoons flour
- 2 cups warm water
- 1. Combine all the dry ingredients.
- 2. Add water. Use whisk to mix until mixture is lump-free.
- 3. Pour into a sauce pan.
- 4. Stirring constantly, cook to boil until thickened.
- 5. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.

Meatballs and Easy Mushroom Gravy

- 1 can cream of mushroom soup
- 1 soup can of milk
- 1 teaspoon dry beef base
- 1. Mix soup, milk and beef base in a saucepan.
- 2. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.

Meatballs with Zing!

- 6 ounces chili sauce
- 8 ounces tomato sauce
- ½ green pepper, chopped (optional)
- ½ large onion, chopped (optional)
- 1. Combine all ingredients in a sauce pan.
- 2. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.

Stroganoff Meatballs (Serve with noodles or potatoes.)

- 2 teaspoons dry beef base
- 3 tablespoons flour
- 1/8 teaspoon pepper
- ¼ teaspoon onion powder
- 1 ½ cups water
- ½ cup sour cream (can use low fat or fat-free)
- 1. Combine all the dry ingredients.
- 2. Add water. Use whisk to mix until mixture is lump-free.
- 3. Pour into a saucepan.
- 4. Stirring constantly, cook until thickened.
- 5. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.
- 6. Add sour cream. Heat through - but do not boil.

Sweet and Sour Meatballs (Serve over rice.)

- 20 ounce can chunk pineapple
- 1 Tablespoon soy sauce
- ¼ cup vinegar
- ¼ cup brown sugar
- ½ green pepper or onion cut in large pieces (optional)
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1. Combine pineapple, soy sauce, vinegar, brown sugar and green pepper in a sauce pan.
- 2. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.
- 3. Combine cornstarch and water.
- 4. Push meatballs aside, add cornstarch mixture.
- 5. Stir until thickened.

Honey Garlic Meatballs (If using for a party, make meatballs about ½ the size.)

- ¼ cup water
- 4 cloves crushed garlic
- ¾ cup ketchup
- ½ cup honey
- 2 Tablespoons soy sauce
- 1. Combine all ingredients in a sauce pan.
- 2. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.

Hot and Tangy Meatballs (Great for parties, too!)

- ¾ cup grape jelly
- ¾ cup chili sauce
- 3 tablespoons soy sauce
- 1. Combine all ingredients in a sauce pan.
- 2. Add 9 frozen meatballs. Simmer for about 15-20 minutes or until meatballs are heated through.

Soon to be Family Favorites

Pizza – Style Minute Steaks (Kids are more likely to try a new food when it tastes something like an old favorite.)

1 pound minute or tenderized steak; cut into 4 pieces
2 tablespoons water
1 green pepper, chopped
1 onion, chopped
(Or substitute fresh or canned mushrooms for either the pepper or onion)
1-2 cloves minced garlic
1 15-ounce can pizza sauce or 1 ¾ cup of homemade
1 cup shredded mozzarella or pizza cheese mix

1. Spray skillet with a low-fat vegetable spray.
2. Cook steaks on medium-high heat for 1-3 minutes.
3. Remove steaks from the skillet and set on a plate.
4. Put water, green pepper, onion and garlic in skillet and heat over medium heat.
5. Stir in pizza sauce and simmer for 3-5 minutes to blend flavors.
6. Return steaks and any juices from the steaks to the skillet and spoon sauce on top of steaks.
7. Sprinkle cheese on top of steaks.
8. Cover and heat 2-3 minutes or until cheese melts.

Serve with pasta, salad and slices of Italian bread.

Crockpot – Stuffed Pork Chops or Chicken

¼ cup margarine
1 cup chopped onion
1 cup chopped celery
½ teaspoon poultry seasoning or sage
¼ teaspoon pepper
½ teaspoon thyme (optional)
2 cups chicken broth
1 beaten egg
7 ounces dried bread cubes
4 pork chops or 3 chicken breasts, trimmed of fat

1. Put dried bread cubes in a bowl.
2. Melt margarine in a skillet.
3. Add onions and celery; cook until tender, about 5 minutes. Add spices and chicken broth to skillet.
4. Add skillet mixture to bread crumbs.
5. Mix egg into stuffing mixture. Add a little more water if mixture seems too dry.
6. Put ½ of stuffing into crockpot.
7. Add pork chops or chicken breasts.
8. Cover meat with remaining stuffing.
9. Cook on high for 3-4 hours or until meat is tender.

HINT: 1 package packaged stuffing mix can be used instead of homemade stuffing.

HINT: Make bread cubes from stale bread. Cut into cubes and dry at 200 degrees in the oven until dry.

Curry- Cajun Spiced Chicken (Try something entirely different. Buy Cajun and curry in the spice section at the grocery store.)

1/3 cup honey	1 teaspoon lemon juice
3 tablespoons water	1 clove minced garlic
3 tablespoons yellow mustard	6 skinless boneless
2 tablespoons melted butter	chicken breasts
2 teaspoons Cajun seasoning	Hot cooked rice
2 teaspoons curry powder	(optional)

1. Heat oven to 350 degrees.
2. In a 9" x 13" baking dish, combine honey, water, mustard, melted butter, Cajun seasoning, curry powder, lemon juice and garlic.
3. Add chicken, covering chicken breasts with sauce and turning to coat. Arrange in a single layer
4. Bake for 30 minutes. Watch so it doesn't get too brown.
5. Serve over hot cooked rice. Makes 6 servings.

Stuffed Round Steak (Serve for Sunday dinner, or WOW your guests with a dish that looks like it was hard to make.)

2-3 pounds round steak (1/2 inch thick) – Pound well with meat mallet or knife.

Stuffing: (A prepackaged mix can be used instead.)

1 ½ cups soft bread crumbs	¼ teaspoon pepper
2 tablespoons grated onion	1 teaspoon poultry
1 tablespoon chopped parsley	seasoning
1 teaspoon salt	¼ cup water

2-3 tablespoons vegetable oil	2 bay leaves
1 10-ounce can beef broth	salt and pepper or
1 tablespoon Worcestershire	½ teaspoon seasoning
sauce	salt

1. Heat oven to 350 degrees.
2. Combine stuffing ingredients and moisten with water. Do not make too soggy.
3. Spread stuffing mixture over the surface of flattened round steak.
4. Roll steak up like a jelly roll with stuffing inside.
5. To hold its shape during cooking, tie roll with heavy string in 4 to 5 places or use skewers.
6. Brown the steak roll on all sides in a small amount of oil.
7. Place in baking pan. Add 1 can condensed beef broth and spices.
8. Cover tightly (foil works well) and bake for 2 hours.
9. Remove strings and slice.
10. Pour baking juice over the slices or serve on the side.